Stage Based Tobacco Self Help Materials*

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Please consider using these pamphlets, brochures as part of your Tobacco Cessation Program. It is based upon the Trans Theortical Model and Stages of Change approach. The resource list is not complete, nor exhaustive. If you have a suggested handout or pamphlet, please e-mail the ideas to Mark Long at longm@nehc.med.navy.mil.

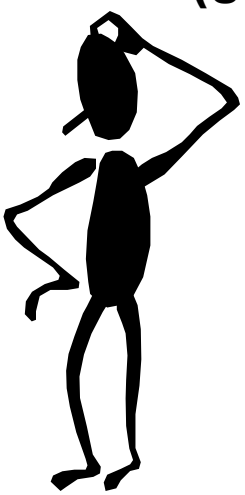
*Adapted from Leed-Kelly, A, Russell, K.S., Bob, J.K., McIlvan H., 1996.

PRECONTEMPATION

Brochure	Publisher
Thinking About Being Tobacco Free	Health Enhancement Systems (800-326-2317)
How Much Do You Know About Smoking	American Academy of Family Physicians
The Decision is Yours	American Cancer Society
Quit Smoking, The Lives You Save Could Be Theirs	American Cancer Society
Children & Smoking: A Message to Parents	American Heart Association
Facts About Nicotine Addiction	American Lung Association
Questions & Answers: About Smoking and Health	American Lung Association
The Facts About Smoking	Health EDCO
Tobacco, The ABC’s	ETR (800-321-4407) www.etr.org
	American Cancer Society

CONTEMPLATION

Brochure	Publisher
The Benefits of Being Tobacco Free	Health Enhancement Systems (800-326-2317)
Smart Move: A Stop Smoking	American Cancer Society
Why Do You Smoke?	National Institute of Health
Clearing the Air	
Smoking: Why Do I Smoke Quiz?	National Institute of Health
5 Smart Steps To Stop Smoking	American Academy of Family Physicians http://familydoctor org/handouts/ 296.html
	ETR Associates (800-321-4407)

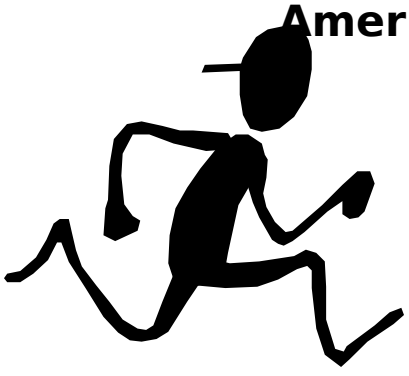


PREPARATION

Brochure	Publisher
Preparing To Be Tobacco Free	Health Enhancement Systems (800-326-2317)
How To Quit	American Heart Association
Breathing Easy Series Managing Stress, Disarming Triggers, Overcoming	Hazeldon
Clearing the Air	National Institute of Health

ACTION

Brochure	Publisher
Feeling Good About Not Using Tobacco	Health Enhancement Systems (800-326-2317)
Clearing the Air	National Institute of Health
Breathing Easy Series Staying Quit	Hazeldon
The Good Life	
Before You Quit Smoking	American Heart Association
Do you Want To Be A Former Smoker?	ETR
Quitting For Life Sel Care Handbook	ETR
Smart Move A Stop Smoking Guide	Channing Bete Co.
	American Cancer Society



MAINTENANCE

Brochure	Publisher
Maintaining A Tobacco-Free Lifestyle	Health Enhancement Systems (800-326-2317)
Remaining A Former Smoker The First Year	ETR

RELAPSE

Brochure

Next Stop When Former Smokers Slip

Publisher

ETR (800-321-4407)
www-etr.org